

What help is available?

If you or someone you care about is struggling with substance use or addiction, there are caring professionals that provide help and support. You are NOT alone.

Drug and Alcohol Helpline

- www.drugandalcoholhelpline.ca
- 1-800-565-8603
- 24-hour information and crisis line

Alcohol, Drug, and Gambling Services

- 905-546-3606
- 21 Hunter Street East, Hamilton (3rd Floor)
- Monday to Friday, 9 am to 4:30 pm

Men's Addiction Services Hamilton Men's Withdrawal Management Centre)

- 905-527-9264
- 595 Main Street East, Hamilton
- Open 24 hours, 7 days a week

Womankind Addiction Service

- 905-545-9100 (help to withdraw from substance abuse)
- 905-521-9591, ext. 238 (treatment)
- 431 Whitney Avenue, Hamilton
- 24-hour crisis and telephone support for women and families

Street names for opioid drugs

Drug name	Street names
Codeine	Captain cody, cody, lean, schoolboy, sizzurp, purple drank, doors & fours, loads, pancakes and syrup
Heroin	Brown sugar, china white, dope, H, horse, junk, skag, skunk, smack, white horse, cheese
Fentanyl (Duragesic, Sublimaze)	Apache, china girl, china white, dance fever, friend, goodfella, jackpot, murder 8, tango and cash, TNT
Hydrocodone (Vicodin)	Vike, watson-387
Hydromorphone (Dilaudid)	D, dillies, footballs, juice, smack
Meperidine (Demerol)	Demmies, pain killer
Methadone (Methadose)	Amidone, fizzies, chocolate chip cookies
Morphine (Duramorph, MS)	M, miss emma, monkey, white stuff
Oxycodone (OxyContin, OxyNeo, Percocet)	O.C., oxycet, oxycotton, oxy, hillbilly heroin, percs

Using your Take Home Naloxone Kit (Intranasal)



Your kit contains naloxone, a medication that can restore breathing to someone having an overdose from opioid drugs. There is a choice for which best suits your needs. Talk with your pharmacist, nurse or physician.

What is Naloxone?

Naloxone is a medication that can reverse an overdose caused by an opioid drug. When you give naloxone to someone during an opioid overdose, naloxone blocks the effects of opioids on the brain and restores their breathing.

Naloxone does not reverse an overdose caused by other drugs. If it is given to a person who has not taken an opioid drug, it has no effect.

How do I recognize an opioid overdose?

If someone takes more opioids than their body can handle, they can pass out, stop breathing and die.

An opioid overdose can take minutes or even hours to occur.

Signs of an opioid overdose:

- Slow breathing (less than 1 breath every 5 seconds)
- Vomiting
- Face is pale and clammy
- Blue lips, fingernails or toenails
- Pinpoint pupils
- Slow, erratic or no pulse
- Snoring or gurgling noises while asleep or nearly asleep
- No response when you call the person's name or rub the middle of their chest with your knuckles.

How do I respond to an opioid overdose?

If a person has signs of an opioid overdose:

- 1 **Try to wake them.** Yell their name and rub the middle of their chest with your knuckles.
- 2 **CALL 911.** Tell them that the person has stopped breathing or is having trouble breathing.

Intranasal Naloxone Kit

- 3 Check that nothing is in the person's mouth blocking their breathing. **BEGIN RESCUE BREATHING** if breathing has stopped or is very slow.
- 4 **Give NALOXONE.**
- 5 **Continue rescue breathing** at one breath every 5 seconds.
- 6 **Stay with them** until help arrives.

RESCUE BREATHING

1. Remove the face shield from its bag.
2. Place the shield over the person's face.
3. Tilt their head back, lift up their chin, and pinch their nose shut.
4. Give one deep, slow breath every 5 seconds. Blow enough air into the lungs to make their chest rise.

If the person begins to breathe on their own:

- Put them on their side so they do not choke on their vomit.
- Continue to check their breathing. Restart rescue breathing if they are breathing less than 10 breaths in one minute.

If they vomit, clear their mouth and nose with your fingers.

How to give Intranasal Naloxone

1. Lay the person who has overdosed on their back.
2. Peel back the tab with the circle to remove the nasal spray from the box.
3. Hold the nasal spray with first and middle fingers on either side of the nozzle and thumb on one of the side edges beside the plunger
4. Tilt the person's head back by putting your hand under their neck to support it.
5. Gently insert the nozzle into one nostril until your fingers on either side of the nozzle are against the person's nose.
6. Press the plunger firmly with your thumb to give the dose of naloxone.

